

## **Grains/Breads Requirement for Food-Based Menu Planning Options in the Child Nutrition Programs**

Both the traditional (old) meal pattern for Child Nutrition Programs and the Enhanced (new) Food-Based meal pattern for the National School Lunch Program and School Breakfast Program contain a grains/breads requirement. This Instruction sets forth the criteria to be used to determine acceptable grains/breads, the criteria to determine equivalent minimum serving sizes, and examples of foods that qualify as grains/breads for meals served under the food-based menu planning options in **all** Child Nutrition Programs.

### **I. Criteria for Determining Acceptable Grains/Breads.**

The following criteria are to be used as a basis for crediting items to meet the grains/breads requirement:

- A. All grains/breads items must be enriched or whole-grain, made from enriched or whole-grain meal or flour, or if it is a cereal, the product must be whole-grain, enriched, or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour.
- B. The label must indicate that the product is enriched or whole-grain; made from enriched or whole-grain meal or flour as well as bran and/or germ; or fortified. If it is enriched, the item must meet the Food and Drug Administration's Standards of Identity for enriched bread, macaroni and noodle products, rice, or cornmeal.
- C. The item must be provided in quantities specified in the regulations. One quarter (1/4) of a serving is the smallest amount allowable to be credited toward the minimum quantities of grains/breads specified in the regulations.

### **II. Criteria for Determining Equivalent Minimum Serving Sizes.**

Exhibit A (attached) contains the equivalent minimum serving sizes for a wide variety of **purchased** food items (where the amount of flour is not available). The foods are grouped according to the average amount of flour per average serving being similar. The average serving amount was determined using the flour content of a 25 gram (or .9 ounce) slice of white bread as a reference.

For the types of food items listed in Groups A-G of Exhibit A to count as one full serving credit, the item must contain no less than 14.75 grams (.52 ounces) of enriched or whole-grain meal and/or flour. For the types of food items listed in Groups H and I to count as one full serving, the weights and volumes listed therein must be used.

**In lieu of using the minimum serving sizes in Exhibit A**, the grains/bread contribution of a recipe may be calculated. By dividing the number of recipe servings into the total amount of enriched or whole-grain meal and/or flour in the recipe, one can determine the grains/bread credit per recipe serving **or** how much to serve to obtain one grains/bread credit. Bran and germ are calculated in the same manner.

### III. Foods That Qualify as Grains/Breads.

Foods that qualify as grains/breads for the Child Nutrition Programs are enriched or whole-grain or made from enriched or whole-grain meal or flour. Bran and germ are credited the same as enriched or whole-grain meal or flour. Such foods include, but are not limited to:

- **Breads** that are enriched or whole-grain.
- **Biscuits, bagels, rolls, tortillas, muffins, or crackers** made with enriched or whole-grain meal or flour.
- **Cereal grains (cooked) such as rice, bulgur, oatmeal, corn grits, wheat or couscous** that are enriched or whole-grain.
- **Ready-to-eat breakfast cereals** that are enriched, whole-grain, or fortified.
- **Cereals or bread products that are used as an ingredient in another menu item such as rice crispy treats, oatmeal cookies or breading on fish or poultry** when they are enriched, whole-grain, or fortified.
- **Macaroni or noodle products (cooked)** made with enriched or whole-grain flour. Enriched macaroni-type products with fortified protein (as specified in Appendix A to program regulations) may be counted to meet either the grains/breads requirement or the meat or meat alternate requirement of lunches but not both in the same meal.
- **Sweet foods such as toaster pastries, coffee cake, doughnuts, sweet rolls, cookies, cakes, or formulated grain-fruit products** when made with enriched or whole-grain meal or flour and served, as permitted under Exhibit A. When sweet foods are permitted, no more than 1 grains/breads serving per day may be a dessert and sweet snack foods should not be served as part of a snack more than twice a week.
- **Pie crust** when made with enriched or whole-grain meal or flour and served, as permitted under Exhibit A
- **Non-sweet snack products such as hard pretzels, hard bread sticks, and chips** made from enriched or whole-grain meal or flour.

## GRAINS/BREADS for FOOD-BASED MENU PLANNING in the CHILD NUTRITION PROGRAMS

Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

Group A	Minimum Serving Size
Bread type coating Bread sticks - hard Chow mein noodles Crackers - saltines and snack crackers Croutons Pretzels - hard Stuffing - dry (weights apply to bread in stuffing)	1 serving = 20 gm or 0.7 oz $\frac{3}{4}$ serving = 15 gm or 0.5 oz $\frac{1}{2}$ serving = 10 gm or 0.4 oz $\frac{1}{4}$ serving = 5 gm or 0.2 oz
Group B	
Bagels Batter type coating Biscuits Breads - white, wheat, whole wheat, French, Italian Buns - hamburger, hotdog Crackers - graham (all shapes), animal crackers Egg roll skins English muffins Pita bread - white, wheat, whole wheat Pizza crust Pretzels - soft Rolls - white, wheat, whole wheat, potato Tortillas - wheat or corn Tortilla chips - wheat or corn Taco shells	1 serving = 25 gm or 0.9 oz $\frac{3}{4}$ serving = 19 gm or 0.7 oz $\frac{1}{2}$ serving = 13 gm or 0.5 oz $\frac{1}{4}$ serving = 6 gm or 0.2 oz
Group C	
Cookies <sup>1</sup> - plain Cornbread Corn muffins Croissants Pancakes Pie crust - dessert pies <sup>1</sup> , fruit turnovers <sup>2</sup> , meat/meat alternate pies and turnovers Waffles	1 serving = 31 gm or 1.1 oz $\frac{3}{4}$ serving = 23 gm or 0.8 oz $\frac{1}{2}$ serving = 16 gm or 0.6 oz $\frac{1}{4}$ serving = 8 gm or 0.3 oz

<sup>1</sup> Allowed only for desserts under the enhanced food-based menu planning option with NSLP.

<sup>2</sup> Allowed for desserts under the enhanced food-based menu planning option for NSLP and for breakfasts served in SBP.

<b>Group D</b>	
Doughnuts <sup>2</sup> - cake and yeast raised, unfrosted Granola bars <sup>2</sup> , plain Muffins, all but corn Sweet roll <sup>2</sup> - unfrosted Toaster pastry <sup>2</sup> - unfrosted	1 serving = 50 gm or 1.8 oz ¾ serving = 38 gm or 1.3 oz ½ serving = 25 gm or 0.9 oz ¼ serving = 13 gm or 0.5 oz
<b>Group E</b>	
Cookies <sup>1</sup> - with nuts, raisins, chocolate pieces and/or fruit purees Doughnuts <sup>2</sup> - cake and yeast raised, frosted or glazed French Toast Grain Fruit Bars <sup>2</sup> Granola Bars <sup>2</sup> - with nuts, raisins, chocolate pieces, and/or fruit Sweet Rolls <sup>2</sup> - frosted Toaster Pastry <sup>2</sup> - frosted	1 serving = 63 gm or 2.2 oz ¾ serving = 47 gm or 1.7 oz ½ serving = 31 gm or 1.1 oz ¼ serving = 16 gm or 0.6 oz
<b>Group F</b>	
Cake <sup>1</sup> - plain, unfrosted Coffee Cake <sup>2</sup>	1 serving = 75 gm or 2.7 oz ¾ serving = 56 gm or 2 oz ½ serving = 38 gm or 1.3 oz ¼ serving = 19 gm or 0.7 oz
<b>Group G</b>	
Brownies <sup>1</sup> - plain Cake <sup>1</sup> - all varieties, frosted	1 serving = 115 gm or 4 oz ¾ serving = 86 gm or 3 oz ½ serving = 58 gm or 2 oz ¼ serving = 29 gm or 1 oz
<b>Group H</b>	
Barley Breakfast cereals - <u>cooked</u> <sup>3</sup> Bulgur or cracked wheat Macaroni - all shapes Noodles - all varieties Pasta - all shapes Ravioli - noodle only Rice - enriched white or brown	1 serving = ½ cup cooked or 25 gm (0.9 oz) dry
<b>Group I</b>	
Ready to eat breakfast cereal - dry <sup>3</sup>	1 serving = ¾ cup or 1 oz, whichever is less.

<sup>3</sup> Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

## **Grains/Breads FAQ SHEET** (Frequently Asked Questions)

1. How do you determine whether a product meets the 14.75 gram minimum weight of flour per serving when the product label only provides a list of ingredients?

The flour/meal content of a product cannot be determined by using only the ingredient label. For purchased products, a serving size can be determined using the average product weights in Exhibit A of the Grains/Breads Instruction. Serving sizes can be determined using the 14.75 gram equivalent ONLY when the actual flour content of a product is known, as in a homemade product or if product specifications are available.

2. Why has the crediting criteria changed to 14.75 grams per serving?

The prior method was based on an estimate of the grain content of a slice of bread. The 14.75 figure is based on American Institute of Baking standards for flour in a 25 gram slice of white bread.

3. This requirement allows foods to be used which were previously not credited. It seems as if we are lowering our nutritional standards. How did this happen and how can it be explained?

The revised Instruction provides greater flexibility to Child Nutrition Programs by allowing more grain based products to be credited. However, a serving must still provide a minimum amount of flour/meal (14.75 grams per serving). In some cases, the serving size needed to meet the 14.75 gram requirement will be unreasonable for the age of the child being served. Meal planners should consider the appropriateness of the serving size when planning menus.

4. How are Danish, sticky buns, caramel rolls and cinnamon rolls classified?

These products may be credited based on flour content OR by using minimum weights in Group E.

5. Can snack products such as pretzels and chips be served at breakfast?

While there is no official restriction on when these products may be served, it does not send a positive nutrition message and is not advisable to serve these products at breakfast.

6. Does this Instruction apply to all NSLP meal planning options?

The Instruction applies to schools that are planning meals using the enhanced food-based meal plan or the traditional food-based meal pattern. It does not apply to Nutrient Standard Menu Planning because crediting rules are not necessary.

## CALCULATING GRAINS/BREADS CREDITS in RECIPES

Schools using either food-based menu planning option, the enhanced (new) **OR** the traditional (old), have options in determining grains/breads credits. All USDA Quantity Recipes have already been re-calculated based on the amount of flour and/or meal in the recipe. There are two other ways to determine the grains/breads credit, but you may use the **most beneficial crediting option (the one that gives the highest grains/breads credit)**.

(1) Using the average finished weight of the food item, see p 8-9 (the chart from page 3-15, 16 in the Food Buying Guide) to find the serving size necessary for one grains/breads credit.

**OR**

(2) Use the amount of flour and/or meal in the recipe to figure the contribution towards grains/breads. Figuring the contribution from the recipe may provide a larger or smaller amount of grains/breads credit since Exhibit A is based on averages. See the attached recipe examples.

**General equivalents:**                      1 lb = 16 oz                      1 lb = 454 g                      1 oz = 28 g

**Flour/meal/bran/germ equivalents:**    1 grains/bread credit = 14.75 g = .52 oz

### Flour/meal-based products when used in recipes:

1. From the recipe, find the enriched or whole-grain meal or flour in ounces by weight (16 oz per pound).

2. Multiply ounces of flour/meal X 28 grams per ounce = grams of flour/meal in the recipe.

3. Divide: 
$$\frac{\text{grams of flour/meal in the recipe}}{14.75 \text{ grams}} = \text{grains/breads credits in the recipe}$$

4. Divide: 
$$\frac{\text{grains/breads credits in the recipe}}{\text{number of servings in the recipe}} = \text{grains/breads credits per serving}$$

5. Grains/breads credits are rounded DOWN to the nearest 1/4 grains/breads credit.

1/4 credit contains 3.69 grams flour/meal

1/2 credit contains 7.38 grams flour/meal

3/4 credit contains 11.06 grams flour/meal

1 credit contains 14.75 grams flour/meal

For food items listed in Groups H and I when served as **hot side dishes or cooked cereals**, the following applies.

1. Figure total uncooked weight of grain product or pasta/noodle in ounces by weight.

2. Divide total ounces by .9 ounce to get the grains/breads credits.

3. Divide this by the total servings (portion yield) for grains/breads credits per serving.

For rice or cereals like rolled oats served as a side dish or as a hot cereal:

1/4 credit contains 1/8 c. cooked or 6.25 g or .2 oz dry

1/2 credit contains 1/4 c. cooked or 12.5 g or .5 oz dry

3/4 credit contains 3/8 c. cooked or 18.75 g or .7 oz dry

1 credit contains 1/2 c. cooked or 25 g or .9 oz dry

For dry cereal used as an ingredient such as in rice krispie treats:

1/4 credit contains 3 T. or .25 oz

1/2 credit contains 3/8 c. or .5 oz

3/4 credit contains 9 T. or .75 oz

1 credit contains 3/4 c. or 1 oz